



Crispy Skillet Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



247 kcal

BREAD

Ingredients

- 2 tablespoons double-acting baking powder
- 2.5 cups cornmeal stone-ground
- 4 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 2 cups milk
- 2 teaspoons salt
- 0.3 cup sugar
- 6 tablespoons butter unsalted melted

3 tablespoons vegetable oil

Equipment

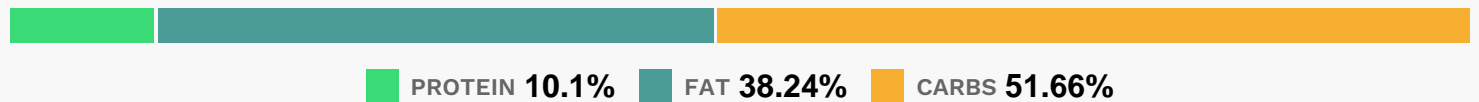
bowl

oven

Directions

- Preheat the oven to 42
- Warm two 9-inch cast-iron skillets over moderate heat.
- Add 1 1/2 tablespoons of the oil to each and heat.
- Meanwhile, in a bowl, sift the flour with the sugar, baking powder and salt. Stir in the cornmeal.
- Add the milk and eggs and stir lightly.
- Add the melted butter and stir just until blended. Scrape the batter into the hot skillets; the oil should bubble.
- Transfer the skillets to the oven and bake the corn breads for about 18 minutes, or until the centers spring back when gently pressed. Turn the corn breads out onto a rack to cool.
- Make Ahead: The unmolded corn breads can be stored at room temperature for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:20.38, Inflammation Score:-3, Nutrition Score:7.7365217105202%

Nutrients (% of daily need)

Calories: 247.24kcal (12.36%), Fat: 10.56g (16.24%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.44g (10.71%), Sugar: 5.05g (5.62%), Cholesterol: 61.45mg (20.48%), Sodium: 480.86mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Phosphorus: 158.23mg (15.82%), Selenium: 9.96µg (14.22%), Calcium: 137.37mg (13.74%), Vitamin B1: 0.19mg (12.59%), Manganese: 0.25mg (12.26%), Vitamin B2: 0.18mg (10.74%), Fiber: 2.65g (10.62%), Vitamin B6: 0.19mg (9.59%), Iron: 1.68mg (9.31%), Folate: 35.92µg (8.98%), Magnesium: 34.84mg (8.71%), Zinc: 1.14mg (7.63%), Vitamin B3: 1.35mg (6.75%), Vitamin B5: 0.51mg (5.1%), Vitamin K: 5.27µg (5.02%), Vitamin A: 248.11IU (4.96%), Vitamin B12: 0.28µg (4.75%), Potassium: 157.22mg (4.49%), Vitamin D: 0.66µg (4.43%), Copper: 0.09mg (4.39%), Vitamin E: 0.58mg (3.84%)